

THE  
Second part of  
*the good Hus-wives*  
I E W E L L.

Where is to be found most apt and  
readiest wayes to distill many whol.  
*some and sweet Waters.*

In which likewise is shewed the best maner  
in preserving of diuers sortes of Fruits, &  
makin of Sirrops.

With diuers conceits in Cookerie with the  
Booke of Caruynge.

AT LONDON  
Printed by E. Allde for Edward  
White, dwelling at the little North  
doore of Paules Church at  
the signe of the Gun.

1597.

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FINIS.



# A Booke of Cookerie.

To boyle mary bones for  
for dinner.



First put your mary bones into  
a faire pot of water, and let  
them boyle till they bee halfe  
enough, then take out al your  
broath, sauing so much as will couer your  
mary bones, then put thereto eight or nine  
carret rootes, and see they be wel scraped  
and washed, and cut inch long or little lesse  
and a handfull of Parselie and 3sp chop-  
ped small, and season it with Halte, Pep-  
per and Haffron. You may boyle Chynes  
and racks of Meale in al points as this is.

To boyle a Capon.

**L**et your capon be faire scalded and  
short trussed, and put into a faire pot of  
water with a marybone or two, & a racke  
of Mutton cut together in thre or fower  
peeces, and let them boyle together tyll  
they be halfe boyled, then take out a ladle  
full or two of the best of the broath, and put  
it into a faire earthen pot, & put thereto a  
pinte of white wine or of claret, and cut a  
twelue

twelue or fourteene dates long wayes &  
a handfull of small raysons, a handfull of  
tyme, Rosemary and 3 sope bound toge-  
ther, and so let these persels boyle by the-  
selues, and when your capon is enough,  
lay it in a faire platter vpon sops of white  
bread, and your mutton by him also, then  
take out the mary from the bones whole,  
and lay it vpon the capon, then take your  
made broth & lay it vpō your capon & mut-  
ton, and so serue it forth, your latter broth  
must bee seasoned with cinnamon cloues  
and mace, and salt and mace beaten also.

To boyle a capon with Orenge.

**T**ake your Capon & set him on the fire  
as before with marybones & mutton,  
and whē you haue skinned the pot wel,  
put thereto the value of a farthing loafe,  
and let it boyle till it be halfe boyled, then  
take two or thre ladieful of y same broth  
and put it into an earthen pot, with a pint  
of the wine aforesaid, and pill six or eight  
Orenge and slice them thin, and put the  
into the same broth with foure peniworth  
in sugar or more, and a handfull of parce-  
ley, tyme, and Rosemary together tyed,  
and season it with whole mace, Cloues &  
sticks

sticks of cinamon with two Nutmeg,  
beaten small and so serue it.

To boile teales, Mallards, pigeons chines  
of porke, or Neates tunges all  
after one sort.

**L**et them be halses rostes, sticke a fewe  
cloues in their brestes, then two or  
three toastes of bread being burned blacke,  
then put them into a little faire water im-  
mediately take them out again, and strain  
them with a little wine and vineger to the  
quantitie of a pinte: put it into an earthen  
potte, and take eight or ten onions slyced  
small; being fryed in a frying pan with a  
dish of butter, and when they be fried, put  
the into your broth, then take your meat  
from the spitte and put it into the same  
broth, and so let them boyle together for a  
time, seasoning with salt and pepper.

Mutton boyled for supper.

**F**irst set your mutton on the fire, & scame  
it cleane, then take out all the broth sa-  
ving so much as will couer it, then take  
and put thereto ten or twelue onions pil-  
led, cut them in quarters, with a handful  
of parseley chopped fine, putting it to the  
mutton, and so let them boile, seasoning it  
with

With pepper, salt and saffron, with two  
or three spoonefull of vineger.

To boyle Mutton with Nauons.

**F**irst pill your Nauons, and wash them  
then cut five or sixe of them into peeces  
to the bignes of an inche, and when your  
mutton hath boyled a while take cut al thes  
licour sauing so much as may couer well  
the mutton, then put the Nauons into the  
pot of mutton with a handfull of parselye,  
chopped fine, and a branche of Rosemary,  
seasoning it with salt pepper and saffron.

To boyle a Lambes head with  
purtenaunces.

**F**irst skinne it well, then take of the  
broth, leaving so much as wil couer it,  
then put to it Parsely and Rosemarye, a  
branch of I sop and time. and a dish of but-  
ter, with Barberies or Gooseberies, then  
let them boile being seasoned with cloves  
Mace, salte, pepper, and saffron, and so  
serue it soorth vpon sops.

To stewe a Capon for Dinner.

**T**AKC a tunckle of Meale and boil it  
with your capon: putting to it proynes  
Raysons great and small, whole Mace,  
and let it boile together, seasoning it with  
Salt

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**H**alt and so serue it forth.

To boyle a capon in white broth.

**T**ake a wel fleshed capon and a mari-  
bone, and a quart of faire water, put  
them together in an earthen pot, and let  
them boyle till the Capon be enough, but  
you must first take away the mary from y  
bone, and when it hath boyled take the vp-  
permost of the broth & put it into an ear-  
then potte, and the mary with it. Put to it  
small raisons, prunes, whole mace, dates,  
and halfe a quatern of suger, sixe spoone-  
full of verdiuice, three or fower yolkes of  
Egges, put these all together, and when  
your Capon is boyled, lay him in a fayre  
platter: powre your broth vpon him, and  
so serue him.

To boyle Chickens.

**B**oyle them as the Lambs head & pur-  
tenance is boyled, and when you are to  
serue them, strain three or four yolkes of  
Egges with vergious, and put it into the  
pot, and let it boyle no more; after the egs  
be put in, season it with salt, pepper, mace  
and cloues, and so serue them. Thus may  
you boyle a connye or Huggets of Gleale,  
as the chickens are boyled.

To

A book of Cookery  
 To boile chickens with Spinnage  
 and Lettice.

Take a Platter of Spinnage and Lettice, and wash them cleane, and when the pot is skinned then put them in with a dish of butter, and a branch of rosemary with a little vergious, being seasoned with Salt and ginger beaten.

To make Peares to be boiled  
 in meate

Take a peece of a legge of Mutton or Veale raw, being mixed with a little Sheeps selwt, and halfe a manchet grated fine, taking four raw egges yolkes and al. Then take a little Lime, & parselly chopped smal, then take a few goose berries or barberries, or greene grapes being whole. Put all these together, being seasoned with Salte, saffron and cloues, beaten and wrought altogether, then make Rowlles or Balles like to a pear, and when you haue so done, take the stalke of the sage, and put it into the ends of your peares or balles, then take the freshe broth of beefe, Mutton or veale, being put into an earthen pot, putting the peares or balles in the same broth wyth salt

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Salt, cloues, mace and saffron, and when you be ready to serue him, put two or three yolkes of eggs into the brath. Let them boile no more after that but serue it forth vpon soppes. You may make balles after the same sorte.

To farse a cabbadge for a banquet  
dish.

Take litle rounde cabbage cutting off the stalkes, and by the cabbadge then make a round hole in your cabbadge, as much as will receive your farsing meat, take heed you breake not the brimmes, thereof with your knife, for the hole must be round and deepe, then take the kidney of a mutton or more, and chop it not smal. Then boile sixe egges hard, taking the yolkes of them being smal chopped & also take rawe egges and a manchet grased fine, then take a handfull of prynes, so many great raysons, seasoning al these with salte, pepper, cloues and Mace, working all these together, and so stiffe your Cabbrdge. But if you haue Saw-sedge you may put it among your meate at the putting in of your stiffe, but you must leauie out both the ends of your saw-sage

sage at the mouth of the cabbadge when you shall serue it out. In þ boylng it must be within the cabbadge, and the cabbadge must be stopped close with his couer in the time of his boylng, and bound fast round about for þreaking: the cabbadge must be boode in a deepe pot with fresh beeche þroþ or mutton þroþ, and no more þe will lye vnto the top of the cabbadge, and when it is enough take away the þrid, and so set it in a platter, opening the heade & laying out the Sawsadge endes, and so serue it soþth.

To boyle a breast of Veale or  
Mutton farced.

**T**ake a breast of Veale or Mutton and farce it in like maner as your cabadge is, so that þou leaue out the þroines and great raysons, boyle your veale or mutton in the foresaide þroþes, putting no more þreath þen will couer your meat, & when your meate is halfe boyled, then put two handfulls of Lettuce or Spinage, cutting it fower times asunder and no more, and when your meate and hearbes be boyled, then put a little verdjuice in the þroþ, seasoning it with salt and pepper, then serue your

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your mease vpon Hoppes, casting your  
hearbes vpon it, and so serus it.

To boile a Mugget of a sheepe.

First wash and sconre it clean, then per-  
boyle it a litie, then choppe a piece of a  
Kidney of Mutton small, and put it into a  
platte, the put the quantity of a farthing  
lofe grated, with punes and raysons of  
eche a handful, Persely and tyme chopped  
smal, and thre or fourre hard rosted egges  
being chopped with bread and Huet, then  
a litte water put to and saffron, and cou-  
lour it with thre or fourre rawe egges,  
both yolkes and whites, Salt, Pepper,  
Coues and Mace being minced together,  
putting it into the Mugget, and so boile  
it with a little Mutton broth and Waine,  
Lettice and spinnage whole in the same  
broth, and so serue it forth.

To boile Mutton for  
Supper.

Take Carret rootes, and cut them an  
inch long, takes a handfull of parselis  
and tyme halfe chopped, and put into the  
pot the Mutton, and so let them boyle, be-  
ing seasoned with Salte and pepper, and  
so serue it forth.

W

To

To boile a neates tongue to  
Supper.

TAke a little wine or faire water, putting unchopped Lettuce faire washed into your Neates tongue, with a dishe of Butter or two, and season it with Salte, Pepper, cloues and Mace, and so serue it.  
To boile Mallards, Teales, and chines of porke with Cabbadge.

FIRST vnloose your Cabbadge, & cut them in thre or four quarters vnlosing euery leafe for doubt of worms to be in them, then wash the and put them into a pot of faire water, and let them boyle a quarter of an houre, then take them vp, and chop them somewhat great, then put them into a faire pot with the broath of the Mallard and whole Pepper, and pepper beaten, with Cloues, mace, and salte, and so let them boile together &c.

For a Goose gibluts and pigges  
petitose.

LET them be sodde thoroughly, then cut them in peeces and fry the with butter, and when they be half fried, then put to a little Vineger with Ginger, Cinnamon and pepper and so serue it forth: thus may

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maye you vse Calues feete boyled in all  
pointes as this is.

For fricasies of a lambes head and  
purtenance.

Take a Lambs head and cleave it, and  
cut his purtenances in peeces, and  
perboyle it till it bee almost enough, then  
take the yolkes of two rawe Egges, and  
basse your Lambes head and purtenance  
with it, and frye it in butter for sauce, put  
to the butter, pepper, Vineger and Salt,  
fryng them together a little on the fire  
and so serue it.

For fricasies of Neates feete  
for supper.

Take your Neates feete & cleane them  
and basse the with butter and crums  
of bread, and lay them vpon a Gredioerne,  
till they be throughlie broyled, then take  
Vineger, pepper, salt and butter, and put  
the altogether in a dish, set on a chafing-  
dish of coles boyling, and so let them boyle  
there til you must serue it, you must put to  
sauce, barberies or grapes, &c.

A fricasie of Tripes.

Let them be faire sodden, and sauce the  
take the leanest and cut it in peeces,  
B ii. inch

inch broad, frye them with butter or flatte,  
and your sauce to bee vineger, pepper and  
mustard, being put a little while in the fri-  
ing panne with butter or flattes.

To rost a lambes head.

**T**ake the head and purtenances being  
cleane washed, cut the purtenances in  
peices, so that it may be broached, and rost  
the, bassting it with butter, and when it is  
enough, take the yolkes of two rawe eggs,  
with a little parsely chopped fine, beating  
them together, and baste your Lambes  
head with it, euern so long till your egges  
be hardened on, then take it vp, and serue  
it with the sauce of pepper, vineger and  
butter boyled a little vpon a Chafingdish  
of coles.

To make a pie in a pot.

**T**ake the leanest of a Legge of Mutton  
and mince it small, with a peice of the  
kidney of mutton, then put it into an ear-  
then pot, putting thereto a ladlefull or two  
of mutton broth, and a little wine, of prunes  
and raisons of ech a handfull, or bar-  
beries. Let them boyle together, putting  
to it half an orange, if you haue any, sea-  
soning it with salte, pepper, cloues, mace,  
and

and saffron and so serue it.

To make allowes to roste or boile.

**T**ake a Leg of mutton and slice it thin, then take out the kidneys of the mutton having it minced small, with Isole, tyme, parsely, & the yolkes of hard egges, then bind it with crummes of white bread and rawe eggs, and put to it psonnes and great raisons, and for want of them barberries or Goosberries, or grapes seasoning it with Cloues, mace, pepper Synamon, ginger & salt. You may make a mugget of a Sheepe as these allowes bee, sauing you must put no mutton into it.

To make red deere.

**T**ake a legge of beef, and cut out all the sinewes clean, then take a roling pin and all to beate it, then perboile it, and when you haue so doon. lard it very thick, then lay it in wine or Wineger for two or thre houers, or a whole night, then take it out & season it with peper, salt cloues and mace, then put it into your past, & so bake it.

To farse all things.

**T**ake a good handfull of tyme, Isole, Parselye, and thre or four yolkes of Egges hard rosted, and choppe them with **W**hit, hearbes

herbs small, then take white bread grated and raw eggs with sweet butter, a few small Raisons, or Barberies, seasoning it with Pepper, Cloues, Mace, Synamon and Ginger, woorking it altogether as paste, and the may you stuffe with it what you will.

## A sop of Onions.

**T**AKE and slice your Onions, & put them in a frying panne with a dish or two of sweete butter, and frie them together, then take a little faire water and put into it salt and peper, and so frie them together a little more, then boile them in a lyttle Earthen pot, putting to it a lyttle water and sweet butter, &c You may vse Spinnage in like maner.

To make gallantine for flesh  
or fish.

**T**Ake browne bread and burne it black in the tosting of it, the take them and lay them in a little wine and vineger, and when they haue soked a while, the strain them, seasoning it with synamon, ginger, Pepper and salte, then set it on a chafing dish with coales, and let it boyle till it be thick, and then serue it in saucers,

To

To stewe Oysters.

**T**ake your oysters, and put them either in a little skillet ouer the fire, or else in a platter ouer a chaffingdishe of coles, and so let the boile with their licour, sweet butter, vergious, vineger, and pepper, and of the tops of Time a little, till they be enough, and then serue them vpon soppes.

To bake aloes of Veale or

Mutton.

**M**ake your aloes ready to bake in all points as you boile them, laying vpon them in the passe barberies, Gooseberies or grapes greene, or small Raisons, and put in your Pie a dish af butter, and so set it in the ouen, and when it is baked, then put in a little vergious, and so seeths it in an Ouen again a while, and so serue it foorth.

To bake a Connie, Veale, or

Mutton.

**T**ake a Connie and perboile it almoske enough, then mince the flesh of it verie fine, and take with it thre yolkes of hard egges, and mince with it, the lay another Connie in your Pie being perboiled, and your minced meat with it, being seasoned with

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with Cloues, Mace, Ginger, Saffron  
Pepper & Salt, with two dishes of sweete  
butter mixed with it, lay vpon your Con-  
nis Barberies Gooseberies, or grapes, or  
els smal raisons, and so bake it.

To make fine paste.

**T**ake faire flower and wheate, & the  
yolkes of egges with sweet Butter,  
melted, mixing all these together with  
your hands, til it be brought dowe paste, &  
then make your coffins whether it be so-  
pyes or tartes, then you may put Saffron  
and suger if you wil haue it a sweet paste,  
hauing respect to the true seasoning some  
vse to put to their paste Beefe or Mutton  
broth, and some Creame.

For small pies.

**T**ake the Mary out of the marybones  
hole, and cut it in the bignes of a bean  
season your mary with Ginger, suger,  
and Synamon, then put them in fine paste  
and frye them in a frying panne with the  
skimming of fresh beefe broth, or else you  
may bake them in your ouen a little while  
take heede they burne not, and when you  
do serue them in a faire dish, cast blaunch  
pouder vpon them.

To

To make purses or cremini-  
aries.

Take a little Marow, small raisons, &  
Dates, let the stones be taken away,  
these being beaten together in a Morter,  
season it with Ginger, Synamon and su-  
ger, then put it in fine passe, & bake them  
or frie them, so done in the seruynge of them  
cast blaunch pouder vpon them.

To make a tarte of Spinnage or of wheare  
leaues or of colewortes

Take threec handfull of Spinnage, boile  
it in faire water, when it is boyled, put  
away the water from it and put the spin-  
nage in a stone morter, grind it smal with  
two dishes of butter misled, and fours  
raue egges all to beaten, then straine it  
and season it with suger, Synamon and  
ginger, and lay it in your Coffin, when it  
is hardened in the ouen, then bake it, and  
when it is enough, serue it vpon a faire  
dish, and cast vpon it suger and Biskets

For tartes of creame.

Take a pinte of creame with sixe raue  
egges, and boile them together, and  
stirre it well that it burne not, then let it  
boile till it be thick, then take it out of the  
pot

pot, and put to two dishes of Butter melted, and when it is somewhat colde, then straine it and season it with Sugur, then put it into your paste, when your paste is hardened, and when it is eneugh, the serue it with Sugur cast vpon it. If you will haue a Tart of two colours, then take the halfe of it, when it is in Creame, and colour the other halfe with saffron or yolks of egges.

A tart of proincs.

**M**ake your Coffine two inches deepe round about, the take ten or twelue good apples, pare them and slice them, and put them into the Passe with two dishes of butter among the apples, then couer your tarte close with the Passe, and breake a dishe of butter in peeces, and lay it vpō the couer because of burning in the Panne. And when the apples be tender, take it forth and cut of the couer, & boate the apples together till they be softe, and they be dry put the moze butter into them and so season them with Synamon, Gingers and Sugur, then must you cut your couer after the fashion, leauing it vpon your Tarts, serue it with blaunch powder.

a tart of egges.

**T**ake tweyne Egges and butter them together, then straine them with rose water, season it with Sugger, then put it into your paste, and so bake it and serue it with sager vpon it.

a white leach.

**T**ake a quart of newe milke, and threé ounces weight of Singlasse, halfe a pounde of beaten suger, and stirre them together, and let it boile half a quarter of an hower till it be thicke, stirring them al the while: then straine it with threé spoonfull of Rosewater, then put it into a platter and let it coole, and cut it in squares. Lay it faire in dishes, and lay golde vpon it.

To keepe lard in season.

**C**ut your lard in faire pieces, and salt it well with white salte, euery piece with your hand, and lay it in a close vessel then take faire running water, and much white salt in it, to make it byne, then boile it vntill it beare an Egge, then put it into your Lard and keepe it close.

To make Lombils a hundred.

**T**ake twenty Egges and put them into a pot both the yolkes & the white, beat them

them wel, then take a pound of beaten suger and put to them, and stirre them wel together, then put to it a quarter of a peck of flower, and make a hard passe thereof, and then with Anniseede moulde it well, and make it in little rowles beeing long, and tye them in knots, and wet the ends in Rosewater, then put them into a pan of seething water, but euen in one waum, then take them out with a Skimmer and lay them in a cloth to drie, this being done lay them in a tart panne, the bottome beeing oyld, then put them into a temperat Ouen for one howre, turning then often in the Ouen.

To make buttered Egges.

**T**ake eight yolkes of egges, and put them into a pint of creame, beat them together and straine them into a posset all, setting vpon the fire and stirring it, & let it seeth vntil it quattle, then take it and put it into a clean cloth, and let it hang so that the Waye may auoide from it, and when it is gone beate it into a bishe of rosewater and suger, with a spoon, and so shall you haue fine butter. This done, you may take the white of the same eggs putting

ting it into another pint of Cream, vsing it as the yolkes were vsed, and thus you may haue as fine white butter as you haue yellow butter.

To boyle Neates feete.

**T**ake your Neats feete out of the sauce and wash the in faire water, then put them into your matton broth , and take ffeue or sixe onions chopped not small, then take a quantitie of tymie, Parsely and Rosee chopped fine : boyle altogether , and when it is half boyled and more, the a d sh or two of butter, and put to it, then season it with pepper, salt and saffron, with ffeue or sixe spoonefulls of vineger, and so serue it vpon soppes.

To boyle a Carpe.

**T**ake out the gall, cast it away, and so scalde not your Carpe nor yet walthe him, & when you doo kill him let his blode fall into a Platter, & splet your carpe into the same blood, and cast theron a ladleful of vineger, then tolle three or fower tolles of browne bread and burne it blacke, and dip them into a little faire water, and the immedialy straine them into the liquour where your carp shalbe sodden with threē

or fower Onions chopped somewhat big, with parsely chopped small, then set your broth vpon the fire, and when it begins to boyle, put to your Carpe two or three dishes of butter, and a branch of rosemarie slipp'd, and slippes of lime, and if it be too thick, put to it a little Wine, and so let it boyle faire and softlye, seasoning it with whole mace, cloves and salt, and pepper, cloves and mace beaten, and so serue it.

To boile a pike with orenges a banquet dish.

Take your pike, split him, and seeth him alone with water, butter, & salt, then take an earchen pot and put into it a pint of water, and another of Wine, with two Orenge s or two Lemmons if you haue them: if not, then take four or five Oringes, the rines being cut away, and slyced, and so put to the licour, with sixe Dates cut long wayes, and season your broth with Ginger, pepper and salt, and two dishes of sweete butter, boylng these together, and when you will serue him, lay your pike vpon soppes, casting your broth vpon it, you must remember that you cut of your pikes head hard by the body & the his

his body to be spletted, cutting every side in two or three partes, and when he is enough, setting the body of the fish in order: then take his heade & set it at the foremost part of the dish, standing upright with an Orenge in his mouth, and so serue him.

To boile a pike another.

way.

TAke your Pike and pull out all his guttes, and do not splette your Pyke, but cut of his head whole, and cut his body in three or fourre pieces, and so let him be boiled in wine, Water, and Halte, to the quantitie of a pottell, then take a pinte of wine, and a ladlefull or two of the Pikes broth, and put these together into an earthen pot, with two dishes of butter, and three or fourre Orenge sliced, small Raisons and suger, Lime and rosemary, slipped, and then put in the effect of the Pike in the same broth, and so let them boile together and when you be ready to serue, lay your Pike vpon soppes, and put your broth vpon it, seasoning it with whole sinnenon and mace, and a Nutmeg beaten, and so serue it soorth.

To

A booke of Cookerie.

To boile Roche, Perche and Dase,  
with other small fish.

**T**ake faire water & put to it parsely  
Time & Rosemary slipped, and so  
let it boyle a good while together,  
then take a dish or two of butter, putting  
to the same broth and your fish, and so let  
it boyle together seasoning it with cloues  
mace pepper and salte, and so serue them  
vpon soppes.

To boile a Pike another  
way.

**T**ake and splet your Pike through the  
back and take out the refect, so done,  
put your Pike into a pan of water with  
Rosemary, let it seeth till it be boiled, then  
take your refecte with a litle wine & ver-  
diuce with two dishes of butter, put these  
in a platter, setting it on a chafingdische of  
Coles, and there let it boile, seasoning it  
with whole mace, this done, take vp your  
Pike, laying him vpon sops in a platter,  
then take your refecte and his broth and  
cast vpon it, and so serue it forth with salt.

To boile a Tench.

**S**eth your Tench with a litle water &  
a good deale of vineger, whē it is sodden  
lay

lay it in a faire dish, take out all the bones and put a little Saffron in your broth with a little salte, and put the same broth vpon your tench, and cast a little fine pepper vpon it while it is hot, and so let your tench stand til it be on a gelly, and when you do serue it, take an Onion & Persely chopped fine, and cast it vpon your Tench, and so serue it.

For Turbot and Cunger.

**S**EEF them in faire water and salt, and let them boile till they be enough, then take them from the fire and let them coole then use them in the seasoning as the salmon hereafter following.

For fresh Salmon.

**T**AKE your Salmon and boile him in faire water, rosemary and tyme, and in the seething put a quart of strong Ale to it, and so let it boile till it be enough, then take it from the fire, and let it coole, then take your Salmon out of the pan, and put it into an earthen pan or woodenne boule, and there put so much broth as will coner him, put into the same broth a good deale of vinger, so that it be tart with it.

C

For

For White pease pottage.

**T**ake a quart of white Pease or more & seeth them in faire water close, un-  
till they doe cast their huskes, the which  
cast away, as long as any wil come up to  
the topp, and when they be gon, then put  
into the peaze two dishes of butter, and a  
little vergious, with pepper and salt, and  
a little fine powder of March, and so let it  
stand till you will occupy it, and then serue  
it vpon sops. You may see the Porpose and  
Seale in your Pease, seruing it forth two  
pieces in a dish.

To bake porpose or Seale.

**T**ake your porpose or Seale, and per-  
boile it, seasoning it with Pepper and  
Salt, and so bake it, you must take of the  
Skinne when you doe bake it, and then  
serue it forth with Gallentines in saucers

To make a cawdle of Ote meale.

**T**ake two handfuls or more of great ote  
meale, and beat it in a stony Morter  
wel, then put it into a quart of ale, and set  
it on the fire, and stirre it, season it with  
Cloues, mace, and Suger beaten, and let  
it boile til it be enough, then serue it forth  
vpon Soppes.

To

To dresse a carpe.

**T**ake your carpe and scale it, and splet it, and cut off his heade, & take out all the bones from him cleane, then take the fish and mince it fine, being raw, with the yolkes of foure or five hard egges minced with it, so done put it into an earthen pot, with two dishes of butter & a pint of whit wine, a handfull of proynes, two yolkes of hard egges cut in foure quarters, and season it with one nutmeg not small beaten, Salt, Synamon and Ginger, and in the boyling of it you must stirre it that it burne not to the pot botteme, and when it is enough then take your minced meat, & lay it in the dish, making the proportion of the body, setting his head at the upper end and his taile at the lower end, which head and taile must be sodden by themselues in a vessell with water and salt.

You may vse a Pike thus in al points, so that you do not take the proynes, but for them take Dates and small raisons. and when you haue seasoned it as your Carpe is, and when you do serue it put the refection into the pikes mouth gaping, and so serue it footly.

## To farse Egges.

**T**ake eight or ten eggs and boyle them hard, pull of the shelles, and cutte every eg in the middle then take out the yolkes and make your farsing stiffe as you do for flesh, sauing only you must put butter into it insteede of suet, and that a little so doon fill your Egges where the yolkes were, and then binde them and seeth them a little, and so serue them to the table.

Sallets for fish daies.

**F**irst a sallet of green fine hearbs, putting Perriwinckles among them with oyle and vineger.

an other.

**O**lives and Capers in one dish, with vineger and oyle.

an other.

**V**Vite Endive in a dish with perriwinckles vpon it, and oyle and vineger.

an other.

**C**Arret rootes being minced, and then made in the dish, after the proportion of a Flowerdeluce, then picke Shrimps and lay vpon it with oyle and vineger.

an

Another.

**O**nions in flakes laid round about the  
dishes, with minced carrets laid in the  
middle of the dish, with boyled Hippes in  
fve partes like an Oken lease, made and  
garnished with tawney long cut with oile  
and vineger.

another.

**A**lexander buds cut long waies, gar-  
nished with welkes.

another.

**S**kirret rootes cut long waies in a dish  
with tawney long cutts, vineger and  
Dyle.

another.

**S**almon cut long waies, with slices of  
onions laid vpon it, and vpon that to  
cast violets, oyle and vineger.

another.

**T**ake pickeeld herring cut long waies  
and lay them in rundles with onions  
and parsely chopped, and other herringes  
the bones being taken out to bee chopped  
together and laide in the rundles with a  
long pece laide betwixt the rundles like  
the proportion of a snake, garnished with  
Tawney long cut, with vineger and oile.

Ciii.

an

**T**ake pickelde Herrings and cut them long wates, and so lay them in a dish, and serue them with oyle and vineger.

To make tattes or balde meates for fish daies.

**T**ake your dish and annoint the bottom well with butter, the make a fine past to the bredth of the dish, and lay it on the same dish vpon the butter, then take Beetes, Spimage, and Cabbadges, or white Lettice, cutting them fine in long pieces, then take the yolkes of viii. rawe egges, and six yolkes of hard Egges, with small Raisons and a little Cheese fine scraped, and grated bread, and thre or four dishes of Butter melted and clarified, and when you haue wrought it togeather, season it with Sugar, Minamion, Ginger and salt, then lay it vpon your fine past spreading it abroad, then the couer of fine pastie being cut with prettie work, then set it in your ouen, bake it with your dish vnder it and when it is enough, the at the seruing of it you must newe paste the couer with Butter, and so scrape suger vpon it, and then serue it sooth.

To

To make aloes of fresh Salmon to  
boile or to bake.

Take your Salmon and cut him small in peeces of thē fingers breadth, and when you haue cut so many slices as you will haue, let them be of the length of a womans hand, then take more of the salmon, as much as you thinke good, & mince it rawe with sixe yolkes of hard Egges very fine, and then two or three dishes of Butter with small raisons, and so worke them together with cloues, Mace, Pepper, and Salt, then lay your minced meat in your sliced Aloes, euery one being rolled and pricked with a feather, fall closed, then put your aloes, into an Earthen pot, and put to it a pinte of water, and another pint of Claret wine, and so let them boile til they be enough, & afterwarde take the yolkes of three rawe egges with a little vergious, being strained together, and so put into the pot, then let your aloes seeth no more afterwards, but serue them upon Boppes of bread.

A Troute baked or minced.

Take a Troute and seeth him, then take out all the bones, then mince it verie fine

fine with thre or four datesminced with it, seasoning it with Ginger, and Cinnamon, and a quantitie of Suger and Butter, put all these together, working them fast, then take your fine passe, and cut it in thre corner wates in a small bignesse, of four or five coffins in a dish, then lay your stiffe in them, close them, and so bake them and in the seruynge of them baste the couers with a little butter, and then cast a little blauch powder on them, and so serue it forth.

To make a splede Eagle of a pullet.

**T**ake a good pullet and cut his throate hard by the head, and make it but a little hole, then scalde him cleane, and take out of the small hole his crop, so done, take a quill and blewe into the same hole, so to make the skinne to rise from the fleshe, then break the wing bones, and the bones hard by the knee, then cut the necke hard by the body within the skinne, then cut off the romp within the skinne, leauing the bones at the legges, and also y head on, so drawing the whole body out within the skinne of the hole, the bones to be laid beneath

neath towardes the clawes, and the feete  
being left also on, you must cut of his bill:  
when you haue taken out all the se bones,  
and brought it to the purpose, then take  
the fleshe of the same pullet, & perboile it  
a little, and mince it fine with Sheepe  
Suet, grated bread, thre yolkes of harde  
Egges, then binde it with fours rawe  
Egges, and a fewe Barberies, working  
these together, season it with Cloues,  
Mace, Ginger, Pepper and salt, and saf-  
fron, then stuffe your pullets skinne with  
it, putting it in at the hole at the head, and  
when you haue stufed him, take him and  
lay him flat in a platter, and make it after  
the proportion of an Eagle in euery part,  
hauing his head to be cleft a sunder, and  
laide in two partes like an Eagles head  
thus done, then must you put him into the  
Duen, leauing in the platter a dish of but-  
ter vnderneath him, an other vpon him,  
because of burning, and whē it is enough  
then set it foorth, casting vpon him in the  
seruice blaunch powder, Sinnamon Gin-  
ger, and Suger.

To

To make Mortirs of a Capon, Hen,  
or pullet,

**T**ake a well fleshed Capon, Henne, or pullet, scalde and dresse him, then put him into a pot of faire water, and ther let it seeth til it be tender, then take it and pul all the flesh from his bones, and beat it in a stone morter, and when you thinke it halfe beaten, put some of the same licour into it, and then beate it til it be fine, then take it out and straine it with a little rose-water out of a strainer into a dishe, then take it and set it on a chafingdish of coles, with a little Sugger put to it, and so stirre it with your knife, & lay it in a faire dishe in three long iowes, the take blanch powder made of Hynamon and Sugger, and cast vpon it, and so serue it forth.

## To make a colluce.

**T**ake all the bones and legges of the aforesaid Capon, Henne or pullet, and beat them fine in a stone Morter, putting to it halfe a pinte or more of the same licour that it was sodden in, then straine it, and put to it a little Sugger, then put it into a stone Crewes, and so drinke it warm first and last.

A made dish of the proportion of an  
Egge for flesh daies.

Make in all your things, your farsing  
stiffe as you do for your Cabbadge,  
even so much as will fill a Bladder. First  
take a drie bladder & wash it cleane, that  
is of a Calfe oz of a Stere, and cut a little  
hole in the toppe, and then put in all your  
farsing stiffe, and when you haue filled  
it then close the bladder toppe, binding it  
with a threede, and then put it into freshe  
Beefe broth, or Mutton broth, and there  
let it seeth till it be eneugh, then take it  
out, and let it stand still til it be somewhat  
stiffe, then cut away the bladder from it,  
and take another drie bladder, and wash  
it cleane: let it be bigger somewhat then  
the other was before, and cut it broad at the  
toppe, wherby your farsing stiffe may in  
the hole goe, and when it is in then so ma-  
ny whites of Egges being rawe as may  
run round about him both aboue and be-  
neath, within the bladder cleane couered  
with it, then bind vp your bladder mouth  
and put into your broth againe the Blad-  
der, and there let it seeth till the white be  
hardened about the farsing, then take it  
out

out and cut away the bladder, then let it in a faire dish, laying the parselie upon it, and so serue it forth.

Thus may you make small Egges to the number of sixe or eight in a dish in like maner, having a bladder for the same purpose.

To still a Capon for a sicke person.

Take a well fleshed capon faire scalded and drest, and put him into an earthen pot, put to it Burreage and Buglas, three handfull of mints, one handfull of Hartes tung, and Langdebeefe, a handfull of Jsope, put thereto a pinte of Clarret wine, and a pinte of cleane water, and twelve Poynes, and when you haue so doon couer the pot with a dish or saucer, and upon that all to couer course paste that no aire come out, then take the pot and hang in a Brasse pot vp to the brymnes of your paste, and so let it boile for twelve houres at the least, & alwaies as your water that is in the brasse pot doth consume, be sure to haue in readines another pot of hotte water at the fire to fill it as long as it doth seeth for the twelve houres, and when the houres be past take it from the fire, and let it coole for

for one hower, then vnloose and strain the  
licour from the capon into a faire pot, ta-  
king euery morning warme foure or five  
spoonfuls next to your hart, which shall  
comfort and restore nature to you beeynge  
sick, vsing this aforesaide capon.

To preserue Quinces in sirrop all  
the yeere.

**T**ake three pound of quinces being pa-  
reli and cored, two pounds of suger  
and thre quarts of faire running water,  
put all these togeather in an earthen pan,  
and let them boyle with a soft fire, & when  
they be skimmed, couer them close that no  
ayre maye come out from them, you must  
put cloves and Synamon to it after it  
is skimmed, of quantitie as you will haue  
them to taste, if you wil know when they  
be boyled enough, hang a linnen cloth be-  
tween the couer and the pan so that a good  
deale of it may hang in the licour, & when  
the cloth is very red they be boyled enough  
let them stand till they be colde, then put  
them in Gally pots sirropes, and so wil  
they keepe a yeere.

To

To conserue wardens all the yeere in  
sirrop.

Take your wardens and put them into  
a great Earthen pot, and couer them  
close, set them in an Ouen when you haue  
set in your white bread, & when you haue  
drawne your white bread, and your pot, &  
that they be so colde that you may handle  
them, then pill the thin skinn from them  
over a pewter dish, that you may saue all  
the sirroppe that falleth from them; put to  
them a quarte of the same sirroppe, and a  
pinte of Rosewater, and boyle them toge-  
ther with a fewe Cloues and Cinnamon,  
and when it is reasonable thick and cold,  
put your wardens and Sirroppe into a  
Galley pot, and see alwaies that the Sir-  
rop bee aboue the Wardens, or any other  
thing that you conserue.

To conserue cherries, Damesins or wheat  
plummes all the yeere in the  
sirrop.

First take faire water, so much as you  
shall think meete and one pound of su-  
ger, and put them both into a faire bason,  
and set the same ouer a soft fire, till the su-  
ger be melted, then put thereto one pound  
and

A booke of Cookerie.

and an halfe of chirries, or Damsins, and let them boile till they breake, then couer them close till they be colde, then put them in your gally pottes, and so keepe them: this wise keepeing proportion in weight of suger and fruite, you may conserue as much as you list putting thereto Synamon and cloues, as is aforesaid.

To make a paste of Suger, whereof a man may make al manner of fruite, and other fine thinges with their forme, as Plates, Dishes, Cuppes and such like thinges, wherewith you may furnish a Table.

**T**ake Gummie and dragant as much as you wil, and steep it in Rose water till it be mollisid, and for fourre ounces of suger take of it the bignes of a beane, the iuyce of Lemons, a Walnut shet ful, and a little of the white of an eg. But you must first take the gummie, and beat it so much with a pestell in a brasen morter, till it be come like water, then put to it the iuyce with the white of an egge, incorporating al these wel together, this don take fourre ounces of fine white suger well beaten to powder, and cast it into y morter by a little  
and

and little, vntil they be turned into y form  
of passte, the take it out of the said morter,  
and bray it vpon the powder of suger, as  
it were meale or flower, vntill it be like  
soft passte, to the end you may turn it, and  
fashionit which way you wil. When you  
haue brought your passte to this forme  
spread it abroad vpō great or smal leaues  
as you shall thinke it good, and so shal you  
form or make what things you wil, as is  
aforesaid, with such fine knackes as may  
serue a Table taking heede there stand  
no hotte thing nigh it. At the ende of the  
Bawket they may eat all, and breake the  
Platters Dishes, Glasses, Cuppes, and  
all other things, for this passte is very de-  
licate and sauerous. If you will make a  
thing of mo<sup>r</sup>e finenesse then this: make a  
Warke of Almondes stamped with suger  
and Rose water of like sorte that March-  
paines be made of, this shall you laye be-  
tween two pastes of such vessels or fruits  
or some other things as you thinke good.

## To confite walnuts

Toake them greene and small in huske,  
and make in them fourre little holes, or  
more, then steepe them in water eleven  
daies

dates, make them cleane and boile them  
as y Drengeſ heerafter wriſten, but they  
muſt ſeeche four times as muſh. Drefſe  
them likewiſe with Spices, ſauing you  
muſt put in very fewe Cloues, leaſt they  
taste bitter. In like ſorte you may drefſe  
Goordz, cutting them in long peeces, and  
paring away the inner partes.

To make Mellons and Pompons  
sweet.

TAke fine ſugger and diſſolve it in wa-  
ter, then take ſeedes of Mellons and  
cleaue the a little on the ſide that ſticketh  
to the Mellon, and put them in the ſugred  
water, adding to them a little roſewater.  
Leaue the ſaide ſeedes ſo by the ſpace of  
threē or fourē houres, then take them out,  
and you ſhall ſee that as ſoone as the ſaide  
ſeedes be dry, it wil cloſe vp again. Plant  
it and there will come of it ſuch Mellons,  
as the like hath not been ſene. If you wil  
haue them to giue the ſavour of Muſke :  
put in the ſaid water a little muſke, and  
fine Hinamion, and thus you may doo the  
ſeedes of Pompones, and Cowcumberz.

D

To

To confite Orenge peeles which may be  
doone at all times in the yeere, and  
cheefly in May, because then the saide  
peeles be greatest and thickest.

**T**ake thicke Orenge peeles, and them  
cut in four or five pieces, and steep  
them in water the space of ten or twelue  
daies. You may know when they be steeped  
enough, if you holde them vp in the  
sunne and see through them, then they be  
steeped enough, & you cannot see through  
them, then let them steep vntil you may.  
Then lay them to dry vpon a table, and  
put them to dry between two linnen clo-  
thes, then put them in a Bessell or vessell  
leaded, and adde to it as much Honny as  
will halfe couer the saide peeles, more or  
lesse as you think good, boyle them a little  
and stirre them alwaies, then take them  
from the fire, least the Honny should seeth  
ouermuch. For if it shuld boyle a little  
more then it ought to boyle, it would be  
thick. Let it the stand and rest four daies  
in the said Honny, stirring and mingling  
the Orenge and Honny every day toge-  
ther. Because there is not honny enough  
to couer all the saide Orenge peeles, you  
must

maist stir them well and oftentimes, thus  
booo thre times, giuing them one boolling  
at ech time, then let the stand thre dayes  
then strain them from the honny, and af-  
ter you haue let them boile a small space,  
take them from the fier, and beelow them  
in vessells, putting to them Ginger, cloues  
and ~~H~~inammon, mire all together, and the  
rest of the ~~H~~ircope will serue to dresse o-  
thers withall.

How to purifie and prepare Honnye  
and Sugar for to confite citrons  
and all other  
fruites.

T Akie every time ten pound of honny, the  
white of twelve new laid egges, and  
take away the froth of them, beate them  
wel together with a stick, and six glasses  
of fair fresh water, then put them into the  
honny, and boyle them in a pot with mo-  
derate fire the space of a quarter of an ho-  
uer or lesse, then take them from the fire  
skimming them well.

To confite Peaches after the Spanish  
fashion.

T Akie great and faire Peaches and pill  
them clean, cut them in pieces and so  
lays

lay them vpon a table abzoad in the sun  
the space of two daies, turning them eue-  
rye morning and night, & put the hot into  
a Inlep of Sugar wel sodden, and prepa-  
red as is aforesaid, and after you haue ta-  
ken them out set them againe in the sun  
turning them often vntill they bee well  
dried, this doon, put them againe into the  
Inlep, then set them in the sun vntill they  
haue gotten a faire bark or crust, and the  
you may keepe them in boxes for winter.  
a goodlye secret for to condite or confite

Orenge, citrons, and all other  
fruities in sirrop.

Take Cytrons and cut them in peeces,  
taking out of them the iuice or sub-  
staunce, then boyle them in freshe water  
halfe an hower vntill they be tender, and  
when you take them out, cast the in colde  
water, leauue them there a good while, then  
set them on the fire againe in other freshe  
water, dos but heat it a little with a smal  
fire, for it must not seeth, but let it simper  
a little, continue thus eight daies together  
heating the every day in hot water: some  
heat y water but one day, to the end that  
the citrons be not too tender, but change  
the

the freshe water at night to take out the  
bitternesse of the pilles, the which being  
taken away, you must take suger or Ho-  
ny clarified, wherin you must the citrons  
put, having first wel dried them from the  
water, & in witer you must keepe the from  
the frost, & in Sommer you shal leauue the  
theres all night, and a daye and a night in  
Honie, then boile the Honie or Sugare by  
it selfe without the orenges or Citrons by  
the space of halfe an hower or lesse with a  
little fire, and beeing colde set it again to  
the fire with the Citrons, continuing so  
two morninges: if you wil put Honnie in  
water and not suger, you must clarifie it  
two times, and straine it through a stray-  
ner: having thus warmed and clarified it  
you shall straine and sette it againe to the  
fire, with Citrons onely, making them to  
boyle with a soft fire the space of a quar-  
ter of an houre, the take it from the fire &  
let it rest at every time you do it, a day &  
a night: the next morning you shall boyle  
it again together the space of half an houl-  
er, and doo so two morninges, to the end  
that the Honie or suger may be well in-  
corporated with the Citrons. All this com-  
ing

ning consisteth in the boylng of this sy-  
rope together with the Citrons, and also  
the Syrope by it selfe, and heerein heede  
must be taken that it take not y smoke, so  
that it sauour not of the fire: In this ma-  
ner may be drest the Peaches, or Lem-  
mons. Drenches, Apples, greene Mal-  
mons, and other lisse being boiles more or  
less, according to the nature of the fruits.

## To bray golde.

Take Golde leaues, fowre drops of ho-  
ny, mixe it wel together, and put it in-  
to a glasse, and when you will occupie it,  
keep and temper it in gummie water and  
it will be good.

## To make a condonack.

Take Quinces and pare the, take out  
the cores, and seeth them in fair water  
until they break, the strain them through  
a fine strainer, and for eight pound of the  
said strained quinces, you must put in 3.  
pound of Suger, and mingle it together  
in a vessel, and boile them on the fire al-  
waies stirring it until it be sodden, whiche  
you may perceiue, for that it will no lon-  
ger cleane to the vessel, but you may stāp  
muske in powder, you may also ad spicē

to it, as Ginger, Synamon, Cloues, and Nutmegges, as much as you think meet, boylinge the muske with a little Wineger, then with a broad slice of wood spread of this confection upon a table, which must be first strewed with Suger, and there make what proportion you wil, and set it in the sunne vntil it be drye, and when it hath stood a while turn it vpsidown, making alwaies a bed of Suger, both vnder and aboue, and turne them still, and drye them in the sunne vntill they haue gotten a crust. In like maner you may dresse Peares, Peaches, Damsons, and other fruities.

To make confections of Mellons or Pompones.

Take what quantity of Mellons you think best, and take them before they be ripe, but let them be good, and make as many cuts in them as they be marked with quarters on every side, and having min-  
disted them and taken out the coyes and curnels, and pealed the outer rinde, steepe them in good Wineger, and leauing them so the space of ten daies, & when you haue taken them out, take other vineger and

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steepe

Stepe them a new againe other ten daies remouing and stirring them every daye, then when time shalbe take them out, and put them in a course linnen cloth, drying and wiping them, and set thē in the ayre, the space of a day and a night, then boyle them in Honey, and by the space of x. daies give them every day a little boylling, leauing them alwaies in the Honey, and they must boile at euery boiling but one walm then take the peeces and put thē in a pot with pouder of cloues, Ginger and Nutmegges, and peeces of Hinnammon, thus done, make one bed of the peeces of Melions, and another of the spices, and then powre white Honnie vpon all in the said pots or vessels.

The stilling of a capon a great restoritic.

Take a yong Capon that is well flesched and not fat, & a knuckle of yong Heale that is sucking, and let not fat be vpon it, and all to hack it bones and all, and flea the capon cleane the skin from the fleshe, and quarter it in fourz quarters, and all to burst it bones and al, and put the Heale and it altogether in an earthen pot, and put

put to it a pinte of Red wine, and eight spoonfulls of rose water, and half a pound of small raisons and Currants, and soure Dates quartred, and a handfull of Rosemary flowers, and a handfull of Burreage flowers, and twenty or thirtie whole maces, and take and couer the pot close with a couer, and take paste and put about the pots mouth that no ayre come forth, and set it within a brasse pot full of water on the fire, and let it boile there eight houres and then take the ladle and bruse it altogether within the pot, and put it in a faire strainer, and straine it through with the Ladle, and let no fat be vpon the broth, but that it may be blowne or els taken with a feather, and euery day next your hart drinke halfe a dozen spoonfulls thereof, with a Cake of Manus christi, and againe at soure of the clocke in the afternoone.

To make good sopc.

First you must take halfe a strike of ashen Ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a pan full of water and seeth them well, so done, you must take fourre pound of beastes tallow, and put it into

into the Lye, and seeth them together vntill it be hard.

To make Quinces in Sirrope.

Take thirty Quinces to the quantity of this sirrop, take a pottle of water and put it in a pan, and then take the whites of six egges and beat them with an other pottle of water, & then put it altogether, and put thereto twelue or fourteene pound of Sugger, as you shal see cause, and seeth it and skinne it very cleane, and then put to it two ounces of cloues and bruse them a very little, and let them seeth vntill the same do rise very black, and then skimme of the cloues again & wash them in faire water and dry them and put them in again and your quinces also. Put to them half a pint of rosewater, and then put the Sirrope in a faire earthen pot or pannie, and lay a sheet foure tynes double vpon them to keepe in y heat, and so let it stand a day or two, and then put them & the sirrop in a vessell that was never occupied, & couer them close, but in the beginning pare your quinces and cewe them, & seeth them in faire water, vntill they be fender, and then take them vp and lay them that the water

water may runne from them cleane, and when they be cold, then put the into your sirrope as it is aboue said.

To make conserue of Barberies.

**T**ake your Barberies and picke them cleane, and set the ouer a soft fire, and put to them Rosewater as much as you thinke good, then when you thinke it be sodde enough, straine that, and then seeth it againe, and to every pound of Barberies, one pound of suger, and meat your conserue.

To make a Pudding of a Calues chaldron.

**F**irst take þ chaldron & let it be washed scalded & perboyled, and let it be chopped & stamped fine in a morter, and while it is hotte straine it through a cullender, and halfe a dozen of Egges both whites and yolkes, with all maner of hearbs to them a handful or two, let the hearbes be shred small, and put them to the chaldron and a good handful of grated bread, then take a handfull of flower, and put it to it all, then take an Orenge pil out of the sirrope and mingle with it, then season it with ~~Minamion~~ and Ginger, and a fewe

Cloudes

Cloues and mace, and a little Rosewater  
and Marrowe or Huet, Butter a good  
quantity thereof close it vp, so it be not dry  
baked, then take the thinnest of ysheyes  
kel and wapt the meat in, then rease the  
coffin offine paste and put it in.

To boile calves feete.

**T**ake a pinte of white wine and a smal  
quantity of water, and small raisons  
and whole mace, and boile them together  
in a little Vergious and yolkes of egges,  
mingled with them, and a peece of sweete  
butter, so serue them vpon bread sliced.

To stewe veale.

**T**ake a knuckle of Veale & al to buse  
it, the set it on the fire in a little fresh  
water, let it seeth a good while, then take  
good plenty of onions and chop them into  
your broth, and when it hath well sodden,  
put in Vergious, Butter, Salt and Saffron,  
and when it is enough, put to it a lit-  
tle suger, and then it will be good.

To boile chickens and mutton after the  
Dutch fashion.

**F**irst take Chickins and mutton, and  
boyle them in water a good while, and  
let a good deale of the water be boyled a-  
way,

way, then take out the Mutton and chic-  
kens and the broth, make whit broth, put  
in thereto Cinnamon and Ginger, Su-  
ger and a little Pepper, and a little Mergi-  
ous, and a little flower to thicken it, and a  
little Saffron, take Rosemarye, Lime,  
Margerum and penirial, and Hisope, and  
halfe a dish of butter, with a little salt, the  
liquor must be cold before the chickens be  
put in.

To make a caudle.

T AKE a pinte of Palmesie and five or  
sixe egges, and seeth them strained to  
gether, so sodden, stirre it till it be thicke,  
and lay it in a dish as you doe please, and  
so serue it.

To make a Haggas pudding.

T AKE a peece of a Calues Chalidon and  
perboile it, shred it so small as you can,  
then take as much Beefe Dewet as your  
meate, shred likewise, and a good deale  
more of grated bread, put this together,  
and to them seuen or eight yolkes of eggs,  
and two or thre white, & a little creame,  
thre or fower spoonefull of rosewater, a  
little Pepper, Mace and nutmegs, and a  
good deale of suger, fill them and let them  
be

be sodden with a very soft fire, and shred also with a little Winter Savory, parseley and Lime, and a little Penitriall with your meat.

To make Haggis Puddings.

**T**ake th liner of a Hog and perboyle it, then stampe in water and strain it with thicke creame, and put thereto eight or nine yolks of egges, and thre or four white, and Hoggis suet, small raisons, Clones and Mace, pepper, salt, and a little suger, and a good deale of grated bread to make it thick, and let them seeth.

To make Ising puddings.

**T**ake great Otemeale and pick it and let it soake in thick cream 3. howere, then put thereto yolkes of Eggs, and some whites, pepper, salt, clones and mace, and a little suger, and fill them not too full, and seeth them a good while.

To seeth Muscles.

**T**ake butter and vineger a good deale, parseley chopt small and pepper, then set it on the fire, and let it boile a whild, then see the Muscles be cleane washée, and put them in the broth shelles and all, and when they be boyled a while, serue them

them shelles and all.

To make a Pudding.

Take Parseley and Time, and chop it small, then take the kidney of Beale, and perboile it, and when it is perboyled, take all the fat of it, and lay it that it may coale, and when it is colde shred it like as you doo se wet for puddinges, then take marrow and mince it by it self, then take grated bread and smal raisons the quantity of your stiffe, & dakes minced small, then take the egges and roste them hard, and take the yolks of them and chop them small, and then take your stiffe afore i e. hearsed and mingle altogether, and then take pepper, Cloues and Mace, Saffron, and salt, and put it together with the said stiffe, as much as you thinke by casting shal suffice, then take six Eggs and break them into a vessel whites and all, and put your dry stiffe into the same egges, and temper them all wel together, and so fill your haggelle or gut, and stich it wel and it will be good.

To stewe Steakes.

Take a necke of Mutton and cut it in peeces, and then frye them with batter untill

vntil they be more then halfe enough fry them with a good many of Onions sliced, then put them in a little pot, & put thereto a little parsel chopt, as muche broath of Mutton or beefe as couer them, with a little Pepper, Salt, and Vergious: then let it seeth together very softly the space of an hower, and serue them vpon soppes.

To boile the lightes of a calfe.

First boile the lightes in water, then take Parsely, Time, Onions, Penyriall, and a litle Rosemary, and when the Lightes be boiled chop all these together Lightes and all very smal, and then boile them in a little pot, and put into them vergious, Butter, and some of the owne broath then season it with Pepper, Synamon, and Ginger: let them boile a little and serue them with sops.

To make a lanchen Haggesse with poched egges.

Take a Skillet of a pinte, and fill it half with vergious, and halfe with water, and then take Margerome, Wintersauerie, Peniroyall, mince, Time, of eche fire crops, wash them, and take fourre Egges, hard rosted, and shred them as fine as you can,

tan, & put the hearbes thus into the broth, then put a great handfull of currants, and the crummes of a quarter of a Manchet, and so let it saeth til it be thicke, then season it with Huger, Synamon, Salt, and a good peece of Butter, and thre or four spoonefulles of Rose water, then poch seven Egges and lay them on sippets, and poure the Haggesse on them, with Synamon and Sugar strewed on them.

## To boile Onions.

**T**ake a good many onions and cut the in four quarters, set them on the fire in as much water as you think will boyle them tender, and whe they be clean skimmed, put in a good many of small raisons, halfe a spooneful of grosse pepper, a good peece of Huger, and a little Salte, and when the Onions be through boyled, beat the yolke of an Egge with Vergious, and put into your pot and so serue it vpon soppes. If you will poch, Egges and lay vpon them.

## To boile Citrons.

**V**erbe your Citrons be boiled, pared and sliced, saeth them with water and wine, and put to them butter, small raisons.

**R**aysons, and Barberies, suger, Cynamon  
and Ginger, and let them seeth till your  
citrons be tender.

To bake Lampernes.

**F**irst make your coffin long waiers, and  
season your Lampernes with Pepper,  
Cloues, and Mace, and put them in the  
Pye, and put thereto a good handfull of  
small Raysons, two or threé onions sliced  
a good peece of Butter, a little suger, and  
a few Barberies, & whē it is enough put  
in a little Vergious.

To make fried toste of Spinage.

**T**ake Spinkage and seeth it in water  
and salt, and when it is tender, wryng  
out the water betweene two Trenchers,  
then chop it smal and set it on a Chafing-  
dish of coles, and put thereto butter, small  
Raisons, Cynamon, Ginger, and Suger,  
and a little of the iuyce of an Orenge and  
two yolks of rawe Egges, and let it boile  
till it be somewhat thicke, then toste your  
feste, shake them in a little Butter, and  
Suger, and spread thinne your spinnage  
vpon them, and set them on a dish before  
the fire a little while, & so serue them with  
a little suger vpon them.

To

To bake a Citron pie.

**T**ake your citron, pare it and slice it in pieces, and boile it with grose pepper and Ginger, and so lay it in your Paste with butter, and when it is almost baked put thereto Vineger, Butter, and Suger, and let it stande in the Ouen a while and soke.

An other way to bake Citrons.

**W**hen your Citrons be pared & syced laye it in your Paste with small Raysons, and season them with Pepper, ginger, and fine suger.

To bake Aloes.

**T**ake a Legge of mutton or Beale, and cut it in thinne slices : take parseley, Lime, Margerom, Sauerie, & chop them small, with ii. or iii. yolkes of hard Egges and put thereto a good many Currants, then put these hearbs in the slices, with a peice of Batter in each of them, and wrap them together and lay them close in your Paste, season them with Cloues, Mace, Synamon, Suger, and a lyttle whole pepper, Currans and Barberies cast vpon them and put a dish of butter to them & whē they be almost baked put in a lit-

To bray Golde.

**T**ake Golde leaues, fower drops of honny, mix it wel together, and put it into a Glasse, and when you will occupy it, steep and temper it in gumme water and it will be good.

To make conserues of Roses, and of any other flowers.

**T**ake your Roses before they be fullye sprung out, and chop off the white of them, and let the Roses be dried one daye or two before they be stamped, and to one vnce of these flowers take one vnce and a halfe of fine beaten Suger, and let your roses be beatē as you can, and after beat your roses and Suger together againe, then put the Conserue into a faire glasse: And likewise make all Conserue of flowers.

To make conserue of cherries, and other fruities.

**T**ake halse a peund of Cherries, & boile them dry in their own licour, and the straine them through a Hearne rale, and when you haue strained them, put in two pounde of fine beaten Suger, and boyle them

them together a prety while, and then put your Conserue in a pot.

To seeth a carpe.

First take a Carpe and boile it in wa-  
ter and salt, then take of the broth and  
put in a little pot, then put thereto as much  
Wine as there is broth, with Rosemary,  
Parselis, Tyme, and margerum bounde  
together, and put them into the pot, & put  
thereto a good manis of sliced Onyons,  
small raisons, whole maces, a dish of but-  
ter, and a little suger, so that it be not too  
sharp nor too sweet, and let all these seeth  
together: if the wine be not sharpe enough  
then put thereto a little Vineger, and so  
serue it vpon soppes with broth.

To seeth a pike.

First seeth the Pyke in water and salte,  
with Rosemarie, Parsely and Tyme,  
then take the best of the broth and put in-  
to a little pot, then put thereto the ruffolt of  
the pyke, small Raisons, whole Mace,  
whole pepper, twelve or thirteen Dates:  
a good peece of Butter, a goblet of white  
wine, and a little yeast, and whē they haue  
boyled a good while, put in a little vine-  
ger, suger and Ginger, so serue the pyke

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with

A booke of cookrye.  
with the Roffolt, and broth vpon soppes.

To boyle cockles.

**T**ake water, vineger, pepper, and  
beere, and put the cockles in it, then  
let them seeth a good while, & serue  
the broth and all. You may seeth them in  
nothing but in water and salt if you wil.  
To boyle a carpe in greene broth, with a  
pudding in his bellie,

**T**ake the spawn of a carpe, and boile  
and crumble it as fine as you can,  
the take grated bread, smal raisons  
dates minced, cinnamon, suger, cloues, and  
Mace, and Pepper, and a little salte min-  
gled altogether, and take a good handful  
of sage, and boile it tender, and straine it  
with thre or four yolkes of Egges, and  
one white, and put to the spawn, with a  
little creame and Rosewater, then take  
the carpe and put the pudding in the bel-  
lie, and seeth him in water and salt, and  
whē he is almost boyled, take some of the  
spawn and of the best of the broth, and  
put it into a little pot with a little white  
wine, and a good pēce of butter, and thre  
or four Dnyons, whole Mace, whole  
Pepper, and smal Raisons, and thre or  
four

sower Dates, and when it is a good deale  
sodden, put in a good deale of seeded spin-  
nage, & strain it with thre o: sower yolks  
of Egges, and the Drypons that you put  
into the Broth with a little Vergious,  
and put it to your Broth: and if it be too  
sharpe put in a little Sugre, and so laye  
your Carpe vpon soppes, and poure the  
Broth vpon it.

### To make an Almond Custard.

**T**ake a good sort of almonds blanched,  
and stampe them with Water, and  
straine them with water and a little rose-  
water, and twelve Egges, then season it  
with a little synamon, suger, and a good  
deale of Ginger, then set it vpon a pot of  
seething water, & when it is enough sticke  
Dates in it.

### To make a blanch marger on the first day.

**T**ake whites of egges and creme, and  
boile them on a chafingdish on coles,  
till they Curd, then will their whay goe  
from them, then put away the whay, then  
put to the Curd a little Rosewater, then  
straine it and season it with suger.

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To

## To bake chickins.

**F**irst season them with cloues & mace, pepper and salt, and put to them currans and Barberies, and slitte an apple and cast synamon and suger vpon the apple, and lay it in the botteme, and to it put a dish of butter, and when it is almost enough baked, put a little suger, vergious and oringes.

## To make a Pudding in a pot.

**T**ake a peice of a Legge of Mutton or Veale and perboyle it well, then shred it very fine, with as much suet as there is mutton, and season it with a little pepper and salt. Cloues and Mace, with a good deale of synamon and Ginger, then put it in a little pot, and put thereto a good quantity of Currans and Prunes, and two or three Dates cut the long wayes, and lese it seethe softly with a little vergious vpon sops, and so serue it with suger.

## To stew Steakes.

**T**ake the great Ribbes of an Pecke of mutton and choppe them asunder, and wash them wel, then put them in a platter one by another, and set them on a chafing dish of coales, cover them and turne them now

new and then, so let them stew til they be halfe enough, then take Parsley, Lime, Margerome and Dryons, and chop them very small, and cast vpon the steakes, put thereto one spoonfull of vergicus, and two or thre spoonfullles of Wine, a little butter and Marrowe, let them boyle till the mutton be tender, and cast theron a little pepper, if your broth be too sharp put in a little suger.

### To roast a Pigge.

**T**ake your pig and draw it, and wash it cleane, and take the liuer, perboile it and straine it with a little creame, and yolkes of Egges, and put thereto grated bread, marrow, small Raisens, nutmegs in powder, mace, suger and salte, and stirre all these together, and put into the Pigges bellye, and sowe the Pigge, then spit it with the haire on, & when it is halfe enough pull of the skinne, and take hæde you take not of the fatte, then baske it, and when it is enough, the crum it with white bread, suger, sinammon and ginger, and let it be somewhat browne.

To

## To roste an Hare.

**T**ake the Hare and slay her, then take Parsley, Lime Sauery, Creame, a good paece of Butter, Pepper, small raisens, and barberies work all these together in the Hares bellye: when she is almost enough, baste her with Butter, and one yolkē of an Egge, and make veneson sauce to her.

## To make Tostes.

**T**ake the Kidney of Ale and chop it small, then set it on a chassingdisme of Coales, and take two yolkēs of egges, Currans, Synamen, Ginger, Cloues and mace, and suger, let them boyle together a good while, and a little Butter with the Kidnie.

To make conserue of Mellons,  
or Pompons.

**T**ake what quantity of Mellons you thinke best, and take the before they be ripe, but let them be good, and make as many cuts in the as they be marked with quarters on every side, & having mundified the and taken out the cores and curvelles, and peeled the outer rinde, steepe them in good Vineger, and leauing them

so the space of ten daies, & when you haue taken them out, take other vineger and sttep them ten daies more, remouing and stirring them euery day, then when time shalbe take the and put them in a course linnen cloth, drying & wiping them, then set them in the ayre the space of one daye and a night, then boile them in hony, and by the space of ten daies giue them every day a little boylling, leauing the alwaies in the Hony, and they must boile at euery boilling but one walm, then take the pee-ces and put them in a pot, with pouder of Cloves, Ginger and Nutmegges, and a piece of synamon, this doone, make one bed of the pecces of Hellions, and another of the spics, and then poure white honye upon all in the said pot or vessals.

To make sirrope of Violets.

**F**irst gather a great quantity of violet flowers, and pick the cleane from the stalkes and set the on the fire, and put to them so much Rosewater as you thinke good, then let them boile altogether vntill the colour be forth of them, then take them of the fire and strain them through a fine cloth, then put so much suger to them as you

you thinke good, then set it againe to the fire vntil it be somewhat thick, and put it into a violl glasse.

To make sope.

**F**irst you must take halfe a strike of Ashen asches, and a quarte of Lime, then you must mingle both these together, and then you must fil a panne ful of water and seeth them well, so doone, you must take foure pound of beastes tallow, and put it into the lye and seeth them togeather vntill it be hard.

To preserue orrenge.

**T**ake your Pills and water them two nights & one day, and drie them clean againe and boile them with a soft fire the space of one hower, then take them out to coole, and make your Sirroppe halfe with Rosewater and halfe with that licour, and put double Suger to your Orenge, and when your Sirroppe is halfe sodden, then let your orrenge seeth one quarter of an hower more, then take out your orrenge and let the Sirroppe seeth vntil it rope, and when all is colde, then put your Orenge into the Sirrop: The white of an Egge and suger beaten togeather will make it

to

to candie.

The stilling of a capon, a great  
restority.

Take a yong Capon that is wel fleshed  
and not fat, & a knuckle of yong Veale  
that is sucking and let not fat be vpon it,  
and all to hack it bones and all, and clea  
the capon cleane the skinne from the flesh,  
and quarter it in foure quarters, and all  
to bruse it bones and al, and put the veale  
and it altogether in an Earthen pot, and  
put to it a pinte of Red wine, and eight  
spoonfuls of Rosewater, and half a pound  
of small Kaisins or Currans, or foure  
Dates quartered, and a handfull of Rose-  
mary flowers, and a handful of Burrage  
flowers, and twenty or thirty whole Ma-  
ces, and take and couer the pot close with  
a couer, and take paste and put about the  
pots mouth that no ayre come forth, and  
set it within a brasse pot full of water on  
the fire, & let it boyle there eight howers,  
and then take the ladle and bruse it alto-  
gether within the pot, and put it in a faire  
strainer, and straine it shrough with the  
ladle, and let no fat be vpon the broth but  
that it may be blowne or else taken with

a feather, and every daye next your hart  
drinke halfe a dozen spoenfulls therof,  
with a cake of Manus Christi, and again  
at fours of the clock in the afternoone.

To make drie Marmelat of Peches.

**T**ake your Peaches and pare the, and  
cut them from the stones, and mince  
them very finely and steepe them in rose-  
water, then straine them with rosewater  
through a course cloth or strainer into  
your Pan that you will seethe it in, you  
must haue to euery pound of peches halfe  
a pound of suger finely beaten, and put  
it into your pan y you do boile it in, you  
must reserue out a good quātity to mould  
your cakes or printts withall, of that su-  
ger, then set your pan on the fire, and stir  
it til it be thick or stiffe that your stick wil  
stand byright in it ofit self, the take it vp  
and lay it in a platter or charger in pretē  
lumpes as big as you wil haue y mould or  
printes, and when it is colde print it on a  
faire boord with suger, and print the on a  
mould or what knot or fashion you will, &  
bake in an earthen pot or pan yon y em-  
bers or in a feate couer, and keep the con-  
tinually by the fire to keep them dry.

To

To make the same of Quinces, or any other thing.

**T**ake the Quinces and quarter them, and cut out the coares and pare them cleane, and seeth them in faire water till they be very tender, then take them with rose water, and straine them, and do as is aforesaid in every thing.

To preserue Orrenge, Lemmons, and Pomecitrone.

**F**irst haue your Orrenge finely, & put them into water two dayes and two nightes, changing your water thre times a day, then perboyle them in thre several waters, then take so much water as you think conuenient for the quantity of your Orrenge, then put in for every pound of Orrenge one pound and a halfe of suger into the water, and put in two whites of egges and beat them altogether, then set them on the fire in a brasse vessel, & when they boyle skimme them very clean, and cleane them through a jelly bagge, then set it on the fire and put in the Orrenge. Use walnuts in like manner, and use lemmons and Pomecitrone in like sorte, but they must lye in water but one night.

To

To preserue Quinces al the yere through  
whole and soft.

TAKE as is aforesaide one pound of wa-  
ter, and threē pound of Huger, & break  
it into very smal peeces, and in all things  
as you did before, then take twelue Quin-  
ces and core them very clean, & pare them  
and wash them, and put into your sirrup,  
when the skim is taken off let them seeth  
very soft vntill they be tender, then take  
them vp very softly for breaking, and lay  
them in a faire thing one by another, the  
straine your sirrupe, and set it on the fire  
again, then put in your Quinces & haue a  
quick fire, let them seeth apace and turne  
them with your sticke, and when they be  
almost ready put in some Rosewater and  
let them seeth, and when you thinke they  
be ready take vp some of the sirrops in a  
spoone, and if it be thick like a jelly whe-  
it is colde then take of your Pan, and put  
your Quinces into pots and your sirrope  
there, and rut into your pots little sticke  
peeces and a fewe clothes, and when  
then be colde cover them with paper pric-  
ked full of smal holes.

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G, STEEVENS

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